

# Mental Health Counselors (SOC 21-1014)

Assess and treat individuals with mental, emotional, or substance abuse problems, including alcohol, tobacco, and/or other drugs. Provide therapy, crisis intervention, case management, client advocacy, prevention, or education. Work with individuals and groups to promote optimum mental health.

Sample of reported job titles: Behavior Analyst; Behavior Support Specialist; Correctional Counselor; Case Manager; Mental Health Therapist



## Job Responsibilities

- Maintain confidentiality of records relating to clients' treatment.
- Encourage clients to express their feelings and discuss what is happening in their lives, helping them to develop insight into themselves or their relationships.
- Evaluate clients' physical or mental condition, based on review of client information. Assess patients for risk of suicide attempts.
- Evaluate the effectiveness of counseling programs on clients' progress in resolving identified problems and moving towards defined objectives.
- Collaborate with other staff members to perform clinical assessments or develop treatment plans.
- Counsel family members to assist them in understanding, dealing with, or supporting clients or patients.
- Plan, organize, or lead structured programs of counseling, work, study, recreation, or social activities for clients.
- Supervise other counselors, social service staff, assistants, or graduate students.

## New Hampshire Outlook

- Average Hourly Wage\*: \$23.85
- Estimated Employment 2016: 1,025
- Projected Employment 2026: 1,250
- Expected 10-Year Growth: 22.0%
- Projected Average Annual Openings: 138

## Top industries in NH for this occupation:

- Ambulatory Health Care Services
- Social Assistance
- Self-employed Workers
- Nursing and Residential Care Facilities

\* Wage estimates based on surveys conducted from November 2013 to May 2016, aged to June 2017.

### Education and Training

Most positions require at least a bachelor's degree. Although educational requirements can vary from a high school diploma and certification to a master's degree for substance abuse and behavioral disorder counselors, a master's degree and an internship is typically required to become a mental health counselor.

All states require mental health counselors to be licensed, after completing a period of postdegree supervised clinical work under the supervision of a licensed counselor.

### Interests (Holland Code): SIA

- Social — Social occupations frequently involve working with, communicating with, and teaching people. These occupations often involve helping or providing service to others.
- Investigative — Investigative occupations frequently involve working with ideas, and require an extensive amount of thinking. These occupations can involve searching for facts and figuring out problems mentally.
- Artistic — Artistic occupations frequently involve working with forms, designs and patterns. They often require self-expression and the work can be done without following a clear set of rules.

### Career Cluster: Human Services

### Work Environment

Substance abuse, behavioral disorder, and mental health counselors work in a wide variety of settings, including mental health centers, prisons, probation or parole agencies, and juvenile detention facilities. They also work in halfway houses, detox centers, or in employee assistance programs (EAPs). EAPs are mental health programs provided by some employers to help employees deal with personal problems.

Most substance abuse, behavioral disorder, and mental health counselors work full time. In some settings, such as inpatient facilities, they may need to work evenings, nights, or weekends.

### Additional Information Sources\*\*

National Board for Certified Counselors, <[www.nbcc.org](http://www.nbcc.org)>

### To Find a Job

Contact the nearest NH Employment Security office or go online to [www.nhes.nh.gov](http://www.nhes.nh.gov)

\*\* Inclusion of this information is intended to provide a convenient resource for research, but in no way constitutes an endorsement for any organization, nor is the list all-inclusive.

### Source:

NH Employment Projections, base year 2016 to projected year 2026  
Occupational Outlook Handbook, Bureau of Labor Statistics



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